

## CHECKLIST

### Things to take with you



#### IDENTIFICATION

- ☐ Driver's license
- ☐ Children's birth certificates
- ☐ Your birth certificate
- ☐ Social Security card
- ☐ Welfare identification

#### FINANCIAL INFORMATION

- ☐ Money and/or credit cards
- ☐ Bank books
- ☐ Checkbooks

#### LEGAL PAPERS

##### ☐ YOUR PROTECTIVE ORDER

- ☐ Lease, rental agreement, house deed
- ☐ Car registration & insurance papers
- ☐ Health and life insurance papers
- ☐ Medical records for you & children
- ☐ School records
- ☐ Work permit/Green card/VISA/other immigration papers
- ☐ Passport
- ☐ Divorce papers
- ☐ Custody papers

#### OTHER

- ☐ House and car keys
- ☐ Medications
- ☐ Small objects and jewelry you can sell
- ☐ Address book - Phone card
- ☐ Pictures of you, children, & abuser
- ☐ Children's small toys
- ☐ Toiletries/diapers/change of clothes for you and your kids.

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**Jerry E. Abramson**  
Mayor

26 Member  
Metro Council

#### IMPORTANT NUMBERS AND SERVICES

##### POLICE 911

Crisis & Information Center 589-4313  
589-4259, TDD

Adult Protective Services Hot Line  
595-4803 or 1-800-752-6200

Rape Crisis Center  
581-7273

Child Protective Services Hot Line  
1-800-752-6200

County Attorney's Domestic Violence &  
Sexual Assault Unit 574-6336

Sheriff's Office 574-5471 or 574-5400

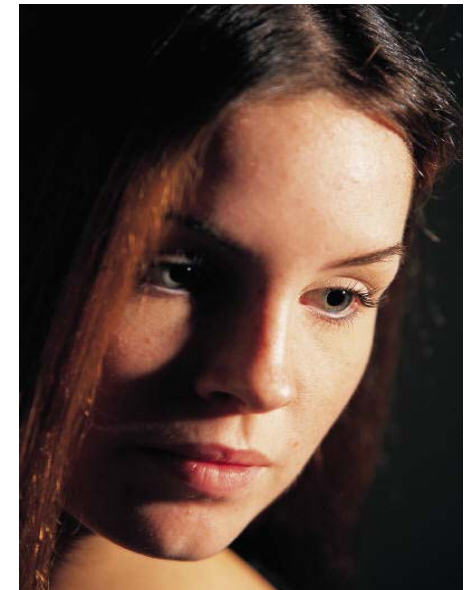
Louisville Metro Police  
Domestic Violence Squad 574-7043

Probation Officers 595-4035

Commonwealth's Attorney's Office  
Domestic Violence Unit 595-2300 or 595-2340

Center for Women and Families 581-7200

# PERSONAL SAFETY PLAN



***You have the right  
to be safe!***

# What Can You Do to Keep Yourself Safe ?



## SAFETY DURING AN ARGUMENT

If an argument seems unavoidable, try to have it in a room or area where you have access to an exit. Try to stay away from the bathroom, kitchen, bedroom, or anywhere weapons are stored.

Practice how to get out of your home safely. Decide which doors, windows, elevator, or stairwell would be best. Review this with your children.

Decide which neighbors you can ask to call the police if they hear any disturbance in your home.

Decide on a code word to use with your children, family, friends and neighbors when you need the police.

Decide and plan where you will go if you have to leave home (even if you don't think you will need to).

Use your own instincts and judgment. You have the right to protect yourself until you are out of danger.

## PREPARATION FOR LEAVING

Open a savings account and/or credit card in your name.

Get your own post office box. You can privately receive checks and letters.

Keep money, an extra set of keys, copies of important documents, extra medicines and clothes with someone you trust outside the home.

Make a list of safe places to go in case of emergency: family, shelter, police department, friends.

Review your safety plan as often as possible.

## WHEN THE RELATIONSHIP IS OVER

Change locks, install security system, smoke detectors and an outdoor lighting system. Be sure to secure your windows.

Inform neighbors and landlords that your partner no longer lives at your residence and to alert the police if he is seen there.

Discuss a safety plan with your children for when you are not with them.

Tell people who take care of the children who has permission to pick them up and provide copies of all court papers ordering the person to stay away.

## USING A PROTECTIVE ORDER

Keep your protective order with you at all times. Give a copy to someone you trust.

Call the police immediately if your partner breaks the protective order.

Think of different ways to keep safe if the police do not respond right away.

## ON THE JOB AND IN PUBLIC

Decide who to tell at work. This should include office or building security. Give them a picture of your batterer if possible.

Arrange to have all your calls screened by an answering machine, caller ID, voice mail or by someone you trust.

Inform family, friends, neighbors and your physician or health care provider that you have a protective order in effect.

Have someone escort you to your car, bus or cab and wait with you until you are safely on your way. Use different routes to get home if possible. Think about what you would do if something happened while you were on your way home.

Have someone meet you to walk you into your home if possible.

## FOR YOUR EMOTIONAL HEALTH

If you have to communicate with your partner, determine the safest way to do so.

Decide who you can talk to freely and openly to give you the support you need.

Plan to attend a women's or victim's support group for at least 2 weeks to gain support from others and to learn more about yourself.